



Rock County Council on Aging - Nutrition Program Dining Centers and Home Delivered Meals



Diabetic Menu October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	While Dining Centers are Closed Due to COVID-19: <i>Please arrive for curbside pick-up meals at 11 am.</i>		1 Chopped Steak Green Beans Scalloped Potatoes Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	2 BBQ Rib Patty Whole Wheat Bread Baked Beans San Francisco Blend Vegetables Pears
5 Chicken & Wild Rice Broccoli Beets Mandarin Oranges Light Vanilla Yogurt Sugar Free Cookie	6 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears CH	7 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Sugar Free Jello	8 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	9 Broccoli Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread Peanut Butter
12 Southwest Turkey & Rice Green Beans Cottage Cheese Warm CranApple Crumble	13 Chicken & Bean Chili Carrots Cornbread String Cheese Pears	14 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges CH	15 Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches S.F. Pumpkin Pudding	16 Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn Applesauce S.F. Pudding
19 Chicken Cordon Bleu Casserole California Blend Vegetables Corn Mandarin Oranges Sugar Free Jello	20 Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	21 Cabbage Casserole Carrots Cottage Cheese Warm Peach Crisp	22 Chicken Breast /Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices Peanut Butter S.F. Chocolate Pudding CH	23 Sloppy Joe Whole Wheat Bread Baked Beans Broccoli Slaw Warm Spiced Pears
26 Hot Pork Whole Wheat Bread Red Potatoes Stewed Tomatoes Mandarin Oranges S.F. Poke Cake	27 Hamburger Patty Whole Wheat Bread Baked Beans Carrots Coleslaw Sugar-Free Jello	28 Mac & Cheese w/Ham Peas California Blend Cottage Cheese Peaches	29 Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	30 Spaghetti & Meatballs Green Beans Cauliflower Romaine w/dressing Carrot Spice Bar CH D

Eligibility: Any person age 60 or older, regardless of income, and a spouse of any age.
Dining centers: Reservations are required and must be made no later than noon of the prior business day
 Suggested donation: \$4.00. All donations are appreciated.
Home delivered: Must also be homebound. Suggested donation: \$4.00

Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information

Rock County Council on Aging Nutrition Program

Dining Center Locations and Schedule

Reservations are required and must be made by noon of the prior business day.

For meal reservations or more information, call 757-5474 (Mon – Fri, 8 am – 5 pm)

While dining sites are closed due to COVID, arrive for curbside pick-up meals @ 11 am.

<u>Location</u>	<u>Address</u>	<u>Center Mgr</u>	<u>Meal Time</u>
Clinton	Senior Center 508 Front Street	Chris Tracy	11:45am Monday – Friday
Evansville	Creekside Place 102 Maple Street	Amy Martinson	11:30am Tues. & Thurs. ONLY
Janesville	Riverview Café – Riverview Heights 930 N. Washington Street Park in Back Special Parking available upon request.	Lauri March	11:30am Monday – Friday
Beloit	Chews and News Grinnell Hall Senior Ctr. 631 Bluff Street	Cindy Ross	11:45am Monday – Friday
Milton	The Gathering Place 715 Campus Lane	Linda Fewell	11:45am Monday – Friday

Signs

- **In a Nonsmoking Area:** If we see you smoking, we will assume you are on fire and take appropriate action.
- **At the Electric Company:** We will be delighted if you send in your payment. However, if you don't, you will be de-lighted.
- **At a Car Dealership:** The best way to get back on your feet - miss a car payment.
- **Outside a Muffler Shop:** No appointment necessary. We'll hear you coming.
- **On a Front Door:** Everyone on the premises is a vegetarian except the dog.
- **In a Counselor's Office:** Growing is mandatory. Growing wise is optional.
- **In a Veterinarian's Waiting Room:** Be back in five minutes. Sit! Stay!
- **Inside a Bowling Alley:** Please be quiet. We need to hear a pin drop.
- **At a Used Car Lot:** Secondhand cars in first-crash condition.
- **Outside a Hotel:** Help! We need inn-experienced people.
- **On a Taxidermist's Window:** We really know our stuff.
- **On a Butcher's Window:** Let me meat all your needs.
- **On the Door of a Music Library:** Bach in a minuet.
- **In a Podiatrist's Window:** Time wounds all heels.
- **On a Music Teacher's Door:** Out Chopin.

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Funding provided by Title III (Older Americans Act) and donations.

Rock County COA is an equal opportunity provider.

No eligible person will be denied a meal because of inability to make a donation.

*** Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed. Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions. ***